

Elderly Nutrition Meeting Minutes
March 19, 2015
1:00pm – 2:30pm

State Department on Aging
55 Farmington Ave.
Hartford, CT 06105

Meeting convened at 1:09pm.

Meeting participants:

Jannett Haughton-SDA, Lisa LaBonte-CANASP, Maureen McIntyre-NCAAA, Kathleen McManamy-CCCI, Stephanie Marino-SDA, Deb Migneault-COA, Lucy Nolan-End Hunger CT, Joel Sekorski-CANASP, Pam Toohey-SDA, Commissioner Ritter-SDA, Chris Fishbein-WCAAA, Rick Liegl-Meriden Senior Center, Sandy Yost-Granby Senior Center, Charlaire Ogren-DSS CHCPE, and Jessica Mahon, End Hunger CT.

Stephanie Marino welcomed all participants to the 1st quarterly nutrition meeting held in 2015 and reminded the group that minutes, agendas and handouts from all meetings can be viewed on the SDA website: www.ct.gov/aging. Stephanie introduced the newest members to the group: Chris Fishbein, Sandra Yost and Rick Liegl. Commissioner Ritter joined the meeting and was introduced to the group.

General Discussion:

Consumer Participation

Ideas to get consumers involved in Elderly Nutrition discussions included:

- Video record senior center members in group discussions
- Host one of our quarterly meetings at a senior center
- Stephanie offered to meet individually with a consumer(s)
- Host a group discussion at a senior center in each of the 5 regions
- Establish focus groups asking the following: *what are your thoughts and concerns regarding elderly nutrition; what is your awareness of programs/services available.*
- Talk to AARP and other agencies such as SNP and EFNEP about getting surveys distributed
- Give surveys to people coming in for Medicare open enrollment assistance
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A sub committee was formed to further explore the options for consumer participation. Volunteer members include Stephanie Marino, Jannett Haughton, Sandy Yost and Rick Liegl.

Additional Discussion included:

- The need to identify people not participating in nutrition services due to *falling through the cracks, being too proud, not social people, don't want to participate*
- Ideas to keep people in community connected to programs and connected with each other, such as SNAP, farmer's market, farmers contributing vegetables, have volunteers going out to senior housing and delivering vegetables
- options for diversity in food, congregate site presentations of foods geared to promote freshness of foods (salad bars, chefs on site, etc.)
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Food Security Program Participation

Discussion included:

- Grocery store delivery of fresh fruits and vegetables directly to senior centers and housing sites (similar to how baked goods are being delivered currently) to reach more older adults
- The Commodity Supplemental Food Program (CSFP) will be a coordinated project between DSS, Food Share and CT Food Bank to certify local agencies for the distribution of food through the CSFP. This program is not fully operation and additional information may be available in the coming months. Use the link below for the FACT SHEET on the Commodity Supplemental Food Program.
- "Buy-A-Wheel" program moving forward nicely
- Meals on wheels program providers expressed interest purchasing items such as hot trays and possibly common goods such as paper goods and plastic utensils to save money. Jannett Haughton will research the possibility of a vendor as a state contractor for such items.

Stephanie Marino gave a closing summary of the discussions that took place in today's meeting. The date for the next meeting will be Tuesday, June 23, 2015 @ 1:00pm.

Meeting was adjourned at 2:20pm.

Attachments:

Brown University Study sponsored by Meals on Wheels America:

<http://www.mealsonwheelsamerica.org/theissue/facts-resources/more-than-a-meal>

Commodity Supplemental Food Program:

<http://www.fns.usda.gov/sites/default/files/pfs-csfp.pdf>